

**IN THE CLAIMS:**

Please amend the claims as set forth in the following Claim Listing.

**CLAIM LISTING:**

15. (Previously Presented) A self-treatment method of treating gingival detachment of at least 3 mm consisting of comprising the steps of:

- (a) physically removing biofilm from supragingival tooth surfaces by using a ribbed and grooved bristled toothbrush in combination with toothpaste containing soft abrasives;
- (b) physically removing biofilm from interproximal tooth surfaces by using a ribbed and grooved bristled proxy brush in combination with proxy gel containing soft abrasives; and
- (c) physically removing biofilm from interproximal and subgingival tooth surfaces by using dental floss or dental tape containing releasable soft abrasives,

wherein the soft abrasives are physically worked into the supragingival, interproximal and subgingival biofilms, thereby assisting in the disruption and removal of said biofilms from tooth surfaces, thereby treating the gingival detachment.

16. (Previously Presented) The method of claim 15, wherein the toothbrush includes from three to five ribs and grooves.

17. (Previously Presented) The method of claim 15, wherein the toothbrush has five ribs and grooves.

18. (Previously Presented) The method of claim 15, wherein the proxy brush includes from three to five ribs and grooves.

19. (Previously Presented) The method of claim 15, wherein the proxy brush has five ribs and grooves.

20. (Previously Presented) The method of claim 15, wherein the toothpaste further contains an emulsion of nonionic surfactants and polydimethylsiloxanes.

21. (Previously Presented) The method of claim 15, wherein the proxy gel further contains an emulsion of nonionic surfactants and polydimethylsiloxanes.

22. (Previously Presented) The method of claim 15, wherein the dental floss or dental tape further contains an emulsion of nonionic surfactants and polydimethylsiloxanes.

23. (Currently Amended) The method of claim 15, wherein the toothpaste further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of: aspirin, NSAIDS, and salicylic acid.

24. (Currently Amended) The method of claim 15, wherein the proxy gel further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of: aspirin, NSAIDS, and salicylic acid.

25. (Currently Amended) The method of claim 15, wherein the dental floss or dental tape further contains one or more therapeutic substances that can control the inflammation related substances associated with heart disease selected from the group consisting of: aspirin, NSAIDS, and salicylic acid.

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